CLAIMS

1. A method for producing wiper arms for a motor vehicle, comprising the steps producing at least one element with a punch-bending process; punching out from the at least one element at least two alternating-side oppositely located parts; punching at least at one side of one of said two parts a tongue projecting outwardly beyond a base contour of said one part; punching in the neighboring other of said parts a corresponding recess, so that a predetermined minimum distance between said two parts is not exceeded.

2. A method as defined in claim 1; and further comprising providing the recess with a surface which at least is equal as that of the tongue.

3. A method as defined in claim 1; and further comprising providing the recess with a surface which is greater than that of the tongue.

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4. A method as defined in claim 1; and further comprising selecting the recess so that only a minimal required punching distance is punched out as the recess.

5. A wiper arm, comprising at least one part produced from at least one element and having two ends, said at least one part in a region of its first end has a tongue and in a region of its second end has a recess whose surface is at least as great as that of said tongue.

6. A wiper arm as defined in claim 5, wherein said at least one part is formed as a substantially U-shaped profile part with a base and two lateral legs, said tongue extending from an edge of one lateral leg which faces away from said base.

7. A wiper arm as defined in claim 6, wherein said recess is wider than said tongue.

8. A wiper arm as defined in claim 5, wherein a first distance between an outermost edge of said first end of said at least one part and said tongue corresponds to a second distance between an outermost edge of said second end of said at least one part, and said recess is equal to said second distance.

9. A wiper arm as defined in claim 6, wherein said tongue at an edge of the lateral leg which faces away from said base is bent inwardly so that it extends substantially parallel to said base.